



HERITAGE

THE OFFICIAL PUBLICATION OF THE LOWELL SENIOR CENTER.

BERNARD F. LYNCH, CITY MANAGER

LYNNE BROWN-ZOUNES, EXECUTIVE DIRECTOR

September 2006

Lowell City Councilors

Mayor

William F. Martin, Jr.

Vice Mayor

James L. Milinazzo

Kevin P. Broderick

Edward "Bud"
Caulfield

Eileen M. Donoghue

Rodney M. Elliott

Armand P. Mercier

Rita M. Mercier

George A. Ramirez

Inside this Issue...

Baby Boomers Workshop

Computer Class Schedule

Monthly Calendar / Menu

Senior of the Month

Recipe of the Month

What is HIPPA?

Romney Signs New Bill

Message from the Director...

The Lowell Senior Center...where seniors learn, exercise and have fun.

There are many different opportunities to learn. We have computer classes, Spanish lessons, Art lessons, quilting, knitting, playing cards, line-dancing or just sit and relax with a good book in our library.

You can exercise in our gym, take an aerobics class or try Ti-Chi. Having fun, well let's see if I can cover all of those things like going on trips, attending our free Friday socials, playing cards, bowling or you can dance the afternoon away at one of our monthly dances.

In addition to the events listed above we also have many health and wellness opportunities, such as blood pressure clinics, diabetes workshops, a podiatry clinic and many other healthy events that are offered on an ongoing basis. Our hours are daily

Monday thru Friday from 6:00 AM until 4:00 PM for lunch and activities and Saturday and Sundays from 7:00 AM until 1:00 PM for lunch only. Beginning September 7th we will stay open on Thursdays until 8:00 PM. Drop in the coffee is always hot and free.

On another note I would like to welcome City Manager, Bernie Lynch to the City of Lowell. Mr. Lynch will be at the Lowell Senior Center on Monday September 18th from 10:00AM until 11:00 AM so that you can "meet the manger". Bring your questions, comments, suggestions or concerns and join us for coffee and pastries. With good thoughts. Lynne Brown-Zounes, Executive Director

New hours at the Lowell Senior Center. We will be open until 8:00 PM every Thursday beginning September 7, 2006.

We will have outreach staff available and all rooms will be open for your enjoyment, as well as a new Country Line Dancing Class from 6:00 PM until 7:30 PM. The cost is \$4.00 and the public is welcome!!

The Mission of the Lowell Council on Aging is to promote and support the health and well-being of seniors in the community by providing services of nutrition, health, recreation, transportation, information and referral programs.

CITY OF LOWELL SENIOR CENTER 276 BROADWAY STREET LOWELL, MA 01854 978-970-4131

Meet the Staff of the Lowell Senior Center.

Executive Director

Lynne Brown-Zounes
978-446-7185

Administrative Assistant

Michelle Ramalho 978-970-4133

Receptionist

Tara Donnelly 978-970-4131
(Main Number)

Events/ Trips Coordinator

Kathy Carroll 978-970-4135

Outreach Coordinator

Amy Medina 978-446-7187

Outreach Coordinator

Maria Reis
978-970-4136

Outreach Volunteers Food

Stamps and Fuel Assistance
Carol Violet/Sandra Breen
978-446-7186

SHINE Joanne Snook 978-970-4136 1-4 on Thursdays, and by appointment.

The LCOA Board of Directors

James Boenis, Chair

Leo Cloutier, Vice-Chair

James Cormier

Ann Cunha, Treasurer

Eileen Golden

Thomas Machado

Jan Mahoney

William Sheehan

Joan Bedford-Liaison for Elder Services

The next board meeting will be on Monday September 11, 2006. The Public is welcome. It is at 8:30 am.

Do you know someone who is grieving the death of a loved one?

VNA Hospice of Greater Lowell presents a
Community Memorial Service

Anyone who is grieving the death of a loved one
is welcome to join us for an evening of
quiet reflection, music, and interfaith readings,
as we remember those who have touched our lives.

Wednesday, September 13, 2006

7:00 PM

St. John the Evangelist Church

115 Middlesex Street in North Chelmsford

Those who attend are invited to bring a photograph of their loved one
(in a stand-up frame) to be placed on a special table during the evening.

This annual event is presented as a community service by

VNA Hospice of Greater Lowell,

a program of the Visiting Nurse Association of Greater Lowell.

*There is no charge to participants. All are welcome to stay for refreshments
after the service.*

For more information, contact:

Marie Jennings, LICSW, Coordinator of Bereavement Services -
978-458-3123

VNA Hospice of Greater Lowell

What's New?

Romney signs bill designed to help more seniors live at home...

Many more low-income seniors and disabled individuals will be able to get state-funded care at home, rather than in a nursing home, under a landmark bill signed into law last month by Governor Mitt Romney.

The law mainly applies to seniors who qualify for Medicaid, but it also requires that the state advise anyone seeking admission to a nursing home about other options, such as home care, adult foster care or day care. The law, unanimously approved by the Legislature, also requires the Romney administration to seek

federal approval to expand eligibility to people with more assets and income. Under the proposal, seniors with incomes up to \$1,715 per month and assets up to \$10,000, excluding a house and car, would be eligible for state-funded long-term-care services.

"Under previous rules, Medicaid did not pay for community supports until a person was so fragile that a nursing facility was their only option .

Editors Note: This is really good news. I have often advocated that seniors just need a few supportive services to "age in place". **See page 12 for the full press release and details of this bill.**

Lynne

**Many well wishes and thanks to former City Manger,
John Cox for his support to seniors and for making
the new senior center a reality.**

What's Is Hipaa?...

HIPAA stands for the Health Insurance Portability and Accountability Act of 1996. This law requires certain entities that provide or pay for health care (such as hospitals, insurance companies, and government health plans like MassHealth) to standardize the way they exchange health information. HIPAA also requires the health entities that must comply with its provisions (covered entities) to set up certain protections for the security and privacy of certain health information

Under HIPAA a new regulation was put in place called the Privacy Rule. This limits how MassHealth and other covered entities may use and share your protected health information (PHI).

Question:

I'm a senior...can my children or others still call MassHealth for me with questions?

If you want MassHealth to share your information with someone, you may give MassHealth verbal permission to share your information over the telephone, once you verify your identity. However, you must be

present with that person during the call. In this case, your permission will only be good for that call, and MassHealth will not be able to share your information with that same person on future calls unless you are present and give your verbal permission again.

If you want MassHealth to share your information with someone whenever they call without you being present, MassHealth needs to have your permission in writing. You will need to fill out a MassHealth Permission to Share Information form (PSI), which you can find at S. On this form, you must be clear about the types of information you want MassHealth to share, and for how long. If you give this permission, you can change it later, but each change must also be in writing. Once you fill out the PSI you should mail it or fax it to the MassHealth Enrollment Center nearest you. You can find the list of enrollment centers at www.state.ma.us/

dma/hipaa/hipaa3.htm. The enrollment center location information can be found at the top of this Web page when you click on the link.

If you want another person to act on your behalf as your representative for eligibility purposes (including the right to sign MassHealth forms on your behalf and change your information), then you must complete an Eligibility Representative Designation form. (You can find this form at www.state.ma.us/dma/masshealthinfo/ERD1.pdf). The person you name on this form will have all the rights you have to information about your eligibility.

MassHealth takes your privacy very seriously. If you feel that MassHealth has violated your privacy rights, contact MassHealth's Privacy and Security Office, in writing at:

Office of Medicaid
Privacy and Security Office
600 Washington Street
Boston, MA 02111.

Key Resources for Mass Health

- MassHealth Member Customer Service Center
1-800-841-2900
- MassHealth Provider Services
1-800-841-2900
- REVS Provider Help Desk
1-800-462-7738
- Massachusetts Commission for the Blind (MCB)
1-800-392-6450

On July 1, 2006 Mass Health reform went into place and with it more benefits for those individuals and families that are on Mass Health. For seniors you can now get eyeglasses, dentures and other necessary items. Call the Customer Service Center phone number above if you have not received updated benefits information.



How can Senior Citizens protect themselves against crime?



Lowell Senior Services Initiative...

Senior citizens can help protect themselves and their neighborhoods against crime in many ways! There are several basic actions that all residents can do to make their lives and community a safer place in which to live. These actions range from taking simple steps to protect your own home to actively participating in safety and crime prevention programs that are offered by the communities where they live that are designed to educate and benefit all members of the community. Your local police department and other community organizations offer these programs. Senior citizens that give a modest

amount of time can, sometimes, make the all the difference in preserving the safety of the home, neighborhood and community in which they live!

Here are just a few ways that seniors can become pro-active in the fight against crime.

Prepare Yourself and Protect Your Home

This may include keeping an emergency supply kit on hand for when you lose electricity, having a list of emergency telephone contact numbers by the phone, safety proofing the interior of your home by having dead bolts and additional window locks installed and making your home look occupied, especially when it's not. Outdoor areas around the home should have all shrubbery trimmed near doors and windows to prevent a burglar from working undetected. Outside the home, floodlights, timers and motion detectors may make your home less attractive to a potential burglar. Alarm systems can be directly connected the police switchboard and inexpensive automatic timers can be purchased that will turn lights on and off at specific times, even if you are not home! Extra keys should be left with a trusted neighbor, rather than leaving them in obvious places such as: under a doormat, flowerpot or in the mailbox.

Know Your Neighbors

Keep in touch with your old neighbors and get to know your new neighbors. Help a neighbor when you can and accept help from trusted neighbors when you need it. Try to stay involved in your neighborhood and do not isolate yourself. Don't be afraid to report any neighborhood concerns to family, friends or the police department. Never automatically open your door to a stranger. Make sure you know their identity before allowing them into your home. Don't be afraid to ask the person for an identification and do not allow them entry if they cannot provide you with one.

Join an Organization

Seniors who participate in neighborhood groups, senior center activities and church programs benefit greatly from joining a network of people that are committed to the well being of all community members. Seniors can also assist these groups to solve common problems and improve the lives and safety of all residents in their neighborhood and community.

Get Training from Local Law Enforcement Agencies

The Lowell Police Department offers Senior Citizens and Lowell Residents the opportunity to attend several courses throughout the year free of charge. These courses include: The Citizens Police Academy which is given at our Cross Point Training Facility, The Senior Police Academy which is given at the Senior Center on Broadway Street, and a Women's Self-Defense Course which is, also, given at our Cross Point Training facility. Other programs, like the Volunteer Program, Race Relations Council and Crime Stoppers Program allow seniors and Lowell Residents to work with the police department in their crime prevention efforts. The Crime Stoppers Program actually rewards residents with up to \$1000 for information leading to the arrest of suspects responsible for crimes.

In closing, we would ask you to always,, Be Alert, Be Aware, and Be Safe!

Sincerely, Sharon Callery - Volunteer Coordinator Paul Corcoran - Safety Officer, Lowell Police

Zucchini/Sweet Pepper with Feta

Ingredients

- 1 cup chopped onion (1 large)
- 1 tablespoon olive oil or cooking oil
- 3 medium zucchini, cut into 1/4-inch slices (about 4 cups)
- 2 tablespoons water
- 1/2 teaspoon ground cumin
- 1/2 cup bottled roasted red sweet peppers, drained and cut into strips
- Salt
- Black pepper
- 2 tablespoons crumbled feta cheese

Directions

1. In a large skillet cook and stir onion in hot oil over medium heat about 5 minutes or until tender. Add zucchini, water, and cumin to skillet; reduce heat. Simmer, covered, for 3 to 5 minutes or until zucchini is crisp-tender.
2. Stir roasted pepper strips into zucchini mixture; heat through. Season to taste with salt and pepper. Sprinkle with feta cheese.
3. Makes 6 servings

Nutrition Tip: Add Fish to Your Plate

Fish is lower in saturated fat, total fat and calories than a comparable portion of meat or poultry. Fish also provides a lean source of protein, B vitamins, iron, potassium, magnesium and phosphorus. Worried about toxins? Don't be! Most people's fish consumption is not cause for concern. In fact, most people do not get enough fish in their diet. The American Heart Association recommends at least two 3-ounce servings of fish each week, preferably fish high in omega-3 fatty acids. Choose fatty, cold-water fish such as salmon, mackerel and herring. Anchovies, sardines and lake trout are also good sources.

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Kathy's Coach Trips...*Kathy Carroll is the Events Coordinator at the Lowell Council on Aging. Check out this page monthly for her great trips and vacations. Call 978-970-4135.*

September 6-7-8, Wednesday, Thursday, Friday. Tropicana. Cost \$175. pp Double, \$171. pp Triple, \$225. Single. Driver gratuity included. Departs LCOA 7:00AM. \$20.00 Cash Bonus, Two \$15.99 Brunches & each passenger will receive a beverage coupon for a drink or cocktail at Tango's, a Tropicana bar. There will be no show until the end of September. I am sorry that there is not a show during our stay but I did want to bring this fact to your attention as soon as I received it.

September 8, Friday. Lincoln Park Cost \$15. Gratuity included. Departs LCOA 9:00AM. Spectacular Greyhound Racing, Video Slots and Poker Machines. Join us for a day full of excitement and big-money racing. You will receive \$11.00 bonus: (\$5.00 cash, \$5.00 food and \$1.00 scratch ticket). Return approx. 5:30PM.

September 10, Sunday. Block Island. Cost \$71. Gratuity included. Departs LCOA 7:30AM. You will first arrive in Point Judith, Rhode Island to board your one hour ferry ride to Block Island. On arrival a native guide will provide a 1 ¼ hour tour onboard his bus across Block Island. Then, lunch awaits you at the National Hotel. Entrees: Salmon, Chicken, or Crab Cakes, etc. You'll have plenty of time to enjoy the many sights, browse the shops or soak up the sun.

September 14, Thursday. Foxwoods. Cost \$23. Departs LCOA 7:00AM, return approx. 8:00PM. Includes Bonus Package of \$29.69.

September 14, 15 & 16, Thursday, Friday, and Saturday. Red Sox vs Orioles Cost \$229. pp Double, \$225. pp Triple, \$319 Single. Reserved Seating at game on the 14th. Stay at Hilton Hotel in Columbia, MD. Also, Washington, D.C. Sightseeing Tour day #2, return home on the 16th. Flyers at LCOA.

September 16 & 17, Saturday & Sunday. Red Sox vs Yankees in New York. Cost \$329. pp Double, \$325. pp Triple, \$429. Single. We will be at Yankee Stadium in plenty of time to shop for souvenirs, have lunch on our own and be in our seats for the opening pitch. For those who are not sport fans the coach will drop you downtown Manhattan for a day of museums and shopping. Dinner included. Day 2, start your day off with breakfast included, then a sightseeing tour, a visit to Ground Zero Memorial in front of St. Paul's Church, and also the Circle Line Cruise around Manhattan. If you do not plan to attend the game the cost of the game will be subtracted.

September 21, Thursday. Irish Tenor Ronan Tynan @ Mohegan Sun Casino Cost \$65. Departure TBA. Package includes \$30.00 voucher for either one of Mohegan's buffets or \$15.00 towards lunch in a Casino restaurant. Minimum of \$15.00 in free gaming bets PLUS \$1,000.00 Grand Prize Drawing! The Irish Tenor from Kelkenny, Ireland who won the hearts of millions of PBS viewers as a member of the Irish Tenors, shares with us the vocal & storytelling talents that have brought him worldwide fame.

September 22, Friday. Bourne Scallop Festival & Cape Cod Canal Cruise Cost \$53. includes transportation & gratuity. Departs 8:00AM. Includes admission to the Festival at Buzzards Bay Park, choice of Scallop or Chicken Dinner + Cape Cod Canal Cruise. Return approx. 5:30PM.

September 24, Sunday. Captain Jacks Lobsterbake & Foxwoods Cost \$52. Departs LCOA 9:00AM. Choice of Boiled Lobster or Prime Rib, chowder, 3 crab cakes, 3 shrimp cocktails, coffee or tea, apple crisp and vanilla ice cream. Also, driver gratuity included plus casino bonus.

October 1-8, Ireland. Cost \$1795. pp Double. Seats still available. For more information we have flyers at LCOA.

October 4-5-6, Wednesday, Thursday, & Friday. A Taste of Vermont Foliage. Cost \$375. pp Double, \$365. pp Triple, Single \$475. Departure TBA. Day 1 – lunch at Grist Mill, then Gondola Ride to the top of Killington, Day 2 – breakfast, then visit Shelburne Museum. Day 3 – breakfast, then sightseeing and shopping in Manchester, VT. Price includes motor coach transportation, lodging, and 6 meals (2 Lunches, 2 Breakfasts, and 2 Dinners). Includes all touring and admission costs & entertainment, baggage handling, taxes & gratuities.

CONTINUED

October 13, Friday. Harts Turkey Train. Cost \$61. included gratuity. Departs LCOA 7:30AM, returns approx. 5:30PM. Enjoy the changing colors of sugar maples which signal nature's change of seasons. On arrival in Lincoln, NH your train ride is set to depart at 10:30 am. You will board the Scenic Railroad Dining Car for your one hour and thirty minute train ride. Your full course luncheon will include Hart's Turkey Farm Roast Turkey as an entrée, with whipped potatoes, butternut squash, beverage and an Ice Cream Sundae for dessert. Great Foliage Trip. A wonderful trip, it is one of my favorites.

October 21 & 22, Saturday & Sunday. Patriots vs Buffalo Bills. Cost \$229. pp Double, \$219. pp Triple, \$299. Single. Departs LCOA 8:00AM. Upon arrival visit Seneca Casino in Niagara Falls, NY. Seats are reserved for the 1:00PM game.

November 1-2-3, Wednesday, Thursday, & Friday. Taj Mahal, Alantic City. Cost \$165. pp Double, \$161. pp Triple, \$235. Single. Gratuity included. Departs LCOA 7:00AM. \$20 Cash Bonus.

November 4, Saturday. Respect, the Musical. Boston \$81. pp. Gratuity included. Depart LCOA 9:00AM, returns approx. 5:30PM. 2:00PM show of "Respect", the hottest musical in Boston at the Stuart St. Playhouse. Includes sight-seeing, shopping at Copley Place, and lunch at the "No Name" Restaurant. Songs include "Someone to Watch Over Me" and "I Will Survive". See the progress of women as property of their husbands to presidents of countries in the 20th century, hear it through a dramatic musical presentation. Great time!!!!

November 13, Monday. Venus De Milo – Tony Pace Show, Swansea, MA. Cost \$60. Tour includes round trip motor coach transportation, gratuity included. Sit down luncheon at Venus De Milo with choice of Boston Scrod or Roast Turkey, served with the famous "Venus Soup", potato, vegetable, dessert and coffee.

November 15 & 16, Wednesday & Thursday. Winter Wonderland at White Mountain Hotel & Resort. Cost \$171. pp Double, \$161. pp Triple, \$221. pp Single. Spectacular entertainment, festive activities, gourmet dining with White Mountain Hotel decorated in colonial style Christmas. During the afternoon you will enjoy Christmas Comedy Show in the Echo Ballroom, and later that evening a elegant dinner order off the menu, in Ledges Dinning Room & a evening Christmas Show, also special cocktail prices. Next day, breakfast off the menu, then outlet shopping. Don't forget bathing suits for outdoor heated pool and Jacuzzi.

November 28, Tuesday. Red Hat Special One Day Christmas in Newport. RI Cost – \$84. pp. Depart LCOA 11:00AM. Come see the mansions and enjoy the Holiday spirit. Your tour will include two mansions and the spectacular Ocean Drive. The mansions seen will be determined when bookings are made. Later that afternoon, on our way home, we will visit one of New England's largest displays of Christmas lights at La Salette Shrine. While at the Shrine, snacks and beverages are available. Buffet lunch included.

December 4, Monday. "Holiday Cabaret" at Mohegan Sun Casino. Cost \$59. Departs LCOA 7:00AM, returns approx. 7:30PM. Includes round trip transportation, buffet lunch with casino gaming package currently (\$20) & Holiday Cabaret show. Also, snack box lunch with turkey sandwich for the ride home.

December 7, Thursday. Luciano's Lake Pearl, Wrentham. MA. Cost \$60. Departs LCOA TBA. Includes round trip motor coach gratuity included. Sit down roast turkey dinner, Christmas Floor Show with The Time Machine, Holiday Gift, & La Salette Shrine visit.

December 8, 2006 Friday. The Rockettes, The Wang Theater, Boston. \$90. Direct from New York, the Radio City Christmas Spectacular show. Orchestra Seating. Lunch on your own in the Copley Plaza or the Prudential Center.

December 15, Thursday. The Nutcracker. Boston. Cost \$80. Orchestra seating at the new Opera House. Lunch at the "No Name" Restaurant plus a sightseeing tour through Boston Common to view the beautiful Christmas light displays.

Cancellation Policy for Our Coach Trips...

We do not refund deposits or any payments on trips.

Low-Cost insurance is available on any coach day /or overnight trip. Purchasing this insurance would insure your complete refund. . We need a minimum of 35 passengers for all of our coach trips.

Prescription Advantage...

**Join Us on Thursday, September 21st
from 9:30 - 11:30 AM**

Susan Cripps will be at The Senior Center to talk about Prescription Advantage.

*The open enrollment period is from
September 15 - November 15, 2006*

Didn't sign-up for a **Medicare Part D** prescription plan?

*The open enrollment period is from
November 15 - December 31, 2006*

Cambodian Outreach Services...

Are you 60 years of age and older? Are you a refugee from another country? Do you need assistance with citizen preparedness? Do you need help with food or fuel Application assistance? Would you like to get acquainted with the Lowell Senior Center? Do you speak Khmer/Vietnamese/Thai? If you answered yes to any of these questions then we can help. Call Phana Sin at 978-970-4131. Phana is available at our center three days a week to provide one-on-one assistance to you.

Five Wishes...Don't miss this workshop

Join us Friday, September 8th at 10am for a workshop on taking control of your life. The **Five Wishes** allows you to say exactly what you want for your personal, emotional, spiritual and medical needs should you get seriously ill. Joan Linsky, RN will have these booklets available for your use, free of cost and answer questions that you may have. The public is invited.

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SEPTEMBER/Senior of the Month

By Bill Allen

Connie Bellow O'Neill and John Lee O'Neill

Our Seniors of the Month this September is Connie and John O'Neill who were born and raised in Lowell. Married for 60 years they met in 1936. They have 4 boys, 8 grand children and 1 great grand child.

Connie is a graduate of Lowell High School and worked at Crax and Currier Citizen for over 40 years. John graduated Lowell Vocational Tech and worked in farming, textiles, car shops and the B&M Railroad. John also served in the Armed Forces as a See Bee and was stationed in the Aleutian Islands for 3 years.

John loves to fly and even jumped out of a plane without a parachute and did not receive a scratch. John's other hobbies include coin collecting, sports and especially watching the Red Sox.

Connie's hobbies are sewing, specializing in clothing and curtains. Well folks there is no plane for you to ride in on the "Road to 100", but you will make it by just keep on walking.

D'Youville Senior Care

Invites friends of the Lowell Senior Center.

Get ready for an enjoyable trip to D'Youville where you'll get to tour our facility, meet the D'Youville team, learn some valuable tips for everyday wellness and safety, and participate in some exciting activities – on top of enjoying a delicious lunch!

Date: Tuesday, September 12th

Time: 10:00 am to 1:00 pm

There will be Raffles and Exciting Giveaways!!

Transportation will be provided by Lowell Council on Aging

**Sign up in Tara Donelly's Office
First Floor Lowell Senior Center
Space is limited!!**

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SATURDAY OCTOBER 7, 2006
Lowell Senior Center
276 Broadway Street
Lowell, MA

9AM until 3:00 PM

CLEAN YOUR ATTIC, HOUSE, GET
YOUR
COLLECTABLES/CRAFTS
TOGETHER...

DONATE THEM TO THE SENIOR CEN-
TER OR SELL THEM
YOURSELF.

\$15.00 PER TABLE

(PROCEEDS TO BENEFIT THE
FRIENDS OF THE
LOWELL COUNCIL ON AGING.)

The Lowell Senior Center has Voter Registration Applications available. We have them in Khmer, English, Spanish and Portuguese.

Let's Talk Diabetes...

A monthly work-shop on issues relating to Diabetes will be held on the last Monday of each month beginning September 21st from 10:30 AM until 11:30 AM. Sponsored by Neighborhood Diabetes.

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September Bus Trips

September 4, Monday	Closed	
September 5, Tuesday	Hill Top & X-Mas Tree	\$3.00
September 7, Thursday	Hungry Traveler	\$3.00
September 11, Monday	Hampton Beach	\$3.00
September 18, Monday	Hampton Beach	\$3.00
September 19, Tuesday	Apple Picking	\$3.00
September 28, Thursday	Nashua Mall	\$3.00

The bus leaves at 9:15 and the cost is \$3.00. Purchase tickets in our first floor reception office.

SAVE THE DATE

Elder Services Walk for Elders

Sunday, September 17, 2006

9:45 am Rain or Shine

Call Elder Services for more information !

1-800-892-0890

A Family Day of Fun and for a good cause!

**East End Ladies Auxiliary
Country Western Dance
Saturday, October 7th 2006
8:00 PM until 12:00 PM**

**\$6.00 per person
Tickets at the Door**

**East End Social Club
15 West Forth Street
Lowell, MA 01854**

DOOR PRIZES AND SNACKS!



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Great NEWS!

ROMNEY EXPANDS CARE OPTIONS FOR SENIORS, DISABLED

Governor Mitt Romney signed legislation today that will provide low-income elders and disabled individuals more options to live longer in settings they prefer, such as their homes and communities, rather than relying exclusively on nursing homes. The "Equal Choices" bill is expected to save about \$134 million over the next five years, as community-based services are less costly than nursing facility based care.

"This will provide opportunities for adults who overwhelmingly want to age gracefully in settings in which they are comfortable," said Romney. "Until now, they've had far too few options." The legislation provides pre-admission counseling for all MassHealth members and private payers seeking admission to a long-term care facility. It also includes an assessment of an individual's ability to reside in non-institutional settings.



MassHealth currently spends about \$1.6 billion per year to care for about 32,000 individuals, or 70 percent of all residents in nursing facilities each day. MassHealth pays approximately \$52,000 per year for each nursing home resident. The Equal Choices law permits much greater flexibility to redeploy that money to care for individuals in a home or community setting. Current services include home care, personal care attendants, private duty nursing, chronic home health, day habilitation, adult day health care, care management, adult foster care, medical transportation and transition services. "This new 'Equal Choices' law is an important civil rights milestone for the elderly and individuals with disabilities throughout Massachusetts," said Al Norman, Executive Director of Mass Home Care. "This law says that the people with disabilities are capable and worthy of participating in the full measure of community life." "Other states have already increased the use of home-and community-based services while preserving high quality nursing homes for those with greater needs," said legislative co-sponsor Senator Tucker. "This legislation will set Massachusetts on the same course." "It is a win-win situation when we create programs that not only give people what they want, but also produce significant savings," said Health and Human Services Secretary Timothy Murphy.



"Equal Choices is a strong witness to the Commonwealth's commitment to elders and the disabled," said Elder Affairs Secretary Jennifer Davis Carey. "It furthers the governor's community-first policy of empowering elders to age with dignity, and the disabled to live independently, in their communities through access to community-based supports, choices and care."

MassHealth has already filed a concept paper with the Centers for Medicare and Medicaid Services (CMS) which lays the foundation of reform. The law states that MassHealth must file a waiver application by October 1 seeking to increase individual income and asset eligibility levels from \$816 per month to \$1,715 per month and \$2,000 to \$10,000, respectively.

"Under previous rules, Medicaid did not pay for community supports until a person was so fragile that a nursing facility was their only option," said Medicaid Director Beth Waldman. "We will now have flexibility to get more services to more people before it's too late."

By: Dr. Joseph M. Downes Jr., BS, MS, DC
Chiropractor/Orthopedist

Phytonutrients are natural substances found in plant foods
that play an important role in protecting the body against disease.

Phytonutrients

Allium
Carotenoids

Flavonoids

Genistein
Indoles

Isoflavones

Lignans

Saponins

Sulphoraphane

Good Source

onions, garlic, leeks
tomatoes, watermelon, carrots, grapefruit
lent antioxidant properties
fruits, vegetables, nuts, seeds, legumes
attaching; reduces LDL cholesterol
peas, lentils, soybeans
broccoli, cabbage, kale, Brussels sprouts
prostate cancer, beneficial to immune system
tofu, tempeh, miso
flaxseed, barley
soybeans, lentils
broccoli, cabbage

Good Source

breaks down cancer-causing chemicals
helps protect against lung cancer & excel
prevents cancer-promoting hormones from
inhibits estrogen-related cancer, PMS
helps protect against breast, ovarian, and
helps prevent Osteoporosis, heart disease
aids in detoxifying cancer cells, antioxidant
helps stop spread of cancer cells in colon
stimulates anticancer enzymes, antioxidant

Note: Always soak beans for a full 24 hours before cooking to avoid having digestive problems. Drain/rinse soaked beans and add ginger or lemon to cooking water.

Poll Workers Needed...

The City of Lowell Election Commission is looking for Poll Workers for September 19th Primary and the November 7th General Election.

THESE ARE PAID POSITIONS.

Pay ranges from \$90.00 to \$125.00 for the day depending on the position you are hired for. There are several positions available for bi-lingual workers. Poll workers must be registered voters in Lowell. If you are not registered but you are bi-lingual, we can place you as a translator.

Call the Lowell Election Commission:
978-970-4046 Monday - Friday
9AM - 5PM

SOS

Service Availability
Offering Information
Solutions to Senior Issues

Come to a FREE Seminar for Seniors.

Thursday September 21st
from 12:30—2:30

Susan Antkovaik, Atrium
Elizabeth Ahearn, Elder Law
Penny Hamel, Mortgage Consultant

Lowell Senior Center
276 Broadway St, Lowell, MA

What is the Homestead Act...

Learn all about it with Richard Howe Jr., Registrar of Deeds. Thursday, September 14, 2006 from 10:00 AM until 11:30 . He will help you prepare forms and explain what is the Homestead Act and how could it be helpful to you.

Lowell Council on Aging
276 Broadway Street
Lowell, MA 01854

Phone: 978-970-4131
Fax: 978-970-4134

Place
Stamp
Here

*"Where the Elderly are
the NO. 1 Priority"*



***Funding for our newsletter is provided by the
Executive Office of Elder Affairs, the City of Lowell and our generous advertisers.***

Baby Boomers Guide
To
Caring for Elders
Sept 16th, 2006
9:00am-12:00pm
First Parish Hall 48 Main St, Westford, MA, 01186

Are you a caregiver or potential caregiver to an elder in our community? Have you thought about what resources are available when that time comes?

If you answered yes to any of these questions,
please join us to learn about the resources in your community to assist you in caring for your parents and other elders in your life.
Get information on a variety of topics such as legal and financial strategies, home care, respite services, transportation services, assisted living resources, veteran services, elder services, and much more.

Raffles and Refreshments
Hosted by
Westford Council of Aging
&
Maura Capriccio
Strategic Financial Partners
National Family Caregiver Association
For further information, please contact
mcapriccio@comcast .net or jramirez @westford .mec.edu